1706 3/-

BRADSHAW's VALUABLE FAMILY JEWEL.

H. Stopes Jan 6. 1888.

BEING A

STORE-HOUSE

OF SUCH

Curious Matters, as All ought to be acquainted with

Who intend to ſpend their Lives either Pleaſant or Profitable.

Containing All that relates to

COOKERY,	WINE MAKING,
PASTRY,	BREWING,
PICKLING,	BREAD MAKING,
PRESERVING,	OAT CAKES, &c.

With a great Number of other *Neceſſary Articles*, not to be met with in any other Book:

Particularly, an Excellent Method for the Management of a Beer-Celler:

How to keep Ale, or Beer, always exceeding fine; and how to reſtore ſour Beer to its firſt Perfection; which Article has been of the utmoſt Service to the *Purchaſers of this Book.*

Likewiſe, an Excellent Method to preſerve a conſtant Stock of YEAST, even in the moſt ſcarce Seaſons.

In this Book is likewiſe inſerted, Monſ. MILLIEN's Method of preſerving Metals from Ruſt, ſuch as Guns, Grates, Candle-Sticks, &c. for the Diſcovery of which, the Parliament of *Paris* gave him 10,000 *l.*

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By Mrs. PENELOPE BRADSHAW, and the late ingenious Mr. LAMBART, Confectioner.

*** *As this Book is enter'd according to Law, whoever print it ſhall be proſecuted.* —— The 12th Edition.

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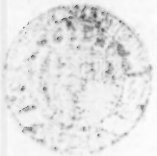

To the READER.

DIfferent Motives have, no Doubt, induced Perſons of both Sexes, to commence Authors: But Gain, I muſt declare (however cuſtomary an Aim) has not, in the leaſt, tempted me to it. It is, indeed, ſo very far from it, that had not my dear Relation, Mrs. Johnſton, *laid the Plan for a new Edition of a Work, that, in her Life-time, had acquir'd a univerſal good Character, I muſt confeſs, I ſhould never have entered the Liſt of Writers.*

And though, I might not be at a Loſs, to bring innumerable Witneſſes of my Abilities, in the Station I am fixed in, yet, I can't help declaring, my Incapacity, for the Taſk I have taken upon me, as an Author——For, however well qualify'd I may happen to be for my preſent Station, yet, I know, there is ſomething more wanting to communicate, in a pretty, eaſy Taſte, the very Things that I am thoroughly Miſtreſs of——I know I ſhall be charged with Want of Language, Method, and a Thouſand odd Things I can't well tell how to remedy; yet, I hope, this will be looked over by the Reader, as I can, with Truth, aſſert, that (though my Style may not be very polite) the Work will be very beneficial to all Kind of People; and, therefore, I will not detain the Reader any longer, than to give a ſhort Bill of Fare of the preſent Undertaking, viz.

This Work will contain the Art of Confectionary, in all its different Branches; ſhewing the various Methods of Preſerving all Sorts of Fruits, dry and liquid; with the beſt Methods of Clarifying, and the different Ways of Boiling Sugar.

It

To the READER.

It will, likewiſe, contain the whole Art of Cookery, from dreſſing a Stake, to the greateſt Dainties.

Alſo, plain and eaſy Inſtructions for Pickling; Wine-Making; London *and Country Way of Brewing;* London, French, *and Country Way of Bread-Making; different Ways of making Oat-Cakes, Muffins,* &c. *with many other neceſſary Articles, not to be met with in any other Book; particularly, ample Directions for Marketing throughout the Year.*

And an excellen Method for the Management of a Beer Cellar; how to keep Ale, or Beer, always exceeding fine; *and how to reſtore ſour Beer* to its firſt Perfection, *which Article alone, may be of the utmoſt Service to the Publick.*

Likewiſe, a New Method *of making either Red or White Currant Wine, to much greater Perfection than it has hitherto been; and* Foreign Method of fining Wine. *And, laſtly, an Account of that admirable Liquid for preſerving Ruſt from Metals, ſuch as Braſs, Steel, Iron,* &c. *for the Diſcovery of which, the Parliament of* Paris *gave Monſ.* Millien, *the Inventor, Ten Thouſand Pounds.*

BRADSHAW's

BRADSHAW's

Valuable Family JEWEL.

FIRST,
Of CONFECTIONARY in all its different Branches.

Of the Manner of clarifying Sugar, and the different Ways of boiling it.

SINCE the Ground-work of the Confectioner's Art depends on the Knowledge of clarifying and boiling Sugars, I ſhall here diſtinctly ſet them down, that the Terms hereafter mention'd may the more eaſily be underſtood; which, when throughly comprehended, will prevent the unneceſſary Repetitions of them, which would incumber the Work, and confound the Practitioner, where they to be explained in every Article as the Variety of the Matter ſhould require: I ſhall therefore, through the whole Treatiſe, ſtick to theſe Denominations of the ſeveral Degrees of boiling Sugar, *viz.* Clarifying, Smooth, Blown, Feather'd, Crackled, and Carmel.

To Clarify Sugar.

Break into your preſerving Pan the white of one Egg, put in four Quarts of Water, beat it up to a Froth with a Whisk; then put in twelve Pounds of Sugar, mixed together, and ſet it over the Fire; when it boils up, put to it a little cold Water, which will cauſe it to ſink; let it riſe again, more Water; ſo do for four or five times,

'till

ſtill the Scum appears thick on the Top; then remove from the Fire, and let it ſettle; then take off the Scum, and paſs it through your ſtraining Bag.

Note, If the Sugar doth not appear very fine, you muſt boil it again before you ſtrain it; otherwiſe, in boiling it to any Height, it will riſe over the Pan, and give the Artiſt much Trouble.

The boiling Sugar to the Degree call'd Smooth.

When your Sugar is thus clarifyed, put what Quantity you ſhall have occaſion for, over the Fire, to boil Smooth, the which you will prove by dipping your Scummer into the Sugar; and then touching it with your Fore-finger and Thumb, in opening them a little you will ſee a ſmall Thread drawn betwixt, which immediately breaks, and remains in a Drop on your Thumb; thus it is a little ſmooth; then boiling it more, it will draw into a larger String; then it is become very ſmooth.

The Blown Sugar.

Boil your Sugar yet longer than the former, and try it thus, *viz.* Dip in your Scummer, and take it out, ſhaking off what Sugar you can into the Pan, and then blow with your Mouth ſtrongly through the Holes, and if certain Bubbles or Bladders blow through, it is boiled to the Degree called Blown.

The Feathered Sugar,

Is a higher Degree of boiling Sugar, which is to be proved by dipping the Scummer when it hath boiled ſomewhat longer; ſhake it firſt over the Pan, then giving it a ſudden Flurt behind you; if it be enough, the Sugar will fly off like Feathers.

The Crackled Boiling,

Is proved by letting it boil ſomewhat longer; and then dipping a Stick in the Sugar, which immediately remove into a Pot of cold Water, ſtanding by you for that Purpoſe, drawing off the Sugar that cleaves to the Stick, and if it becomes hard, and will ſnap in the Water, it is enough; if not, you muſt boil it till it comes to that Degree.

Note,

Note, Your Water muſt be always very cold, or it will deceive you.

The Carmel Sugar.

Is known by boiling yet longer, and is proved by dipping a Stick, as aforeſaid, firſt in the Sugar, and then in the Water: But this you muſt obſerve, when it comes to the Carmel Height, it will ſnap like Glaſs the Moment it touches the cold Water, which is the higheſt and laſt Degree of boiling Sugar. *Note*, There is to be obſerved, that your Fire be not very fierce when you boil this, leaſt flaming up the Sides of your Pan, it ſhould occaſion the Sugar to burn, and ſo diſcolour it.

To preſerve Oranges with a Marmalade in them.

Pare your Oranges, make a round Hole in the Bottom, where the Stalk grew, the Bigneſs of a Shilling; take out the Meat, and put them into Salt and Water for two or three Hours; then boil them very tender, then put them into a clarified Sugar, give them a Boil the next Day, drain the Syrup, and boil it, till it becomes ſmooth; put in your Oranges, and give them a good Boil. When a little cool, drain them, and fill them with a Marmalade, putting in the round Piece you cut out; with the Syrup, ſome other Sugar, and Pippin Juice, make a Jelly, and fill up your Pots or Glaſſes.

To make a Campote of Oranges.

Cut the Rind of your Oranges into Ribs, leaving part of the Rind on; cut them in eight Quarters, and throw them into boiling Water; when a Pin will eaſily go through the Rind, drain and put them into as much Sugar, boiled till it becomes ſmooth, as will cover them; give all a Boil together, adding ſome Juice of Oranges to what Sharpneſs you pleaſe; when cold, ſerve them to Table on Plates.

To candy Orange, Lemon and Citron.

Drain what Quantity you will candy clean from the Syrup, waſh it in luke-warm Water, and lay it on a Seive to drain; then take as much clarified Sugar as you think will cover what you will candy; boil it till

it

it blows very ſtrong; then put in your Rings, and boil them 'till it blows again; then take it from the Fire, and let it cool a little; then with the Back of a Spoon rub the Sugar againſt the Inſide of your Pan 'till you ſee the Sugar becomes white; then with a Fork take out the Rings one by one, and lay them on a Wire-grate to drain; then put in your Faggots, and boil them; then rub the Sugar, and take them up in Bunches, having ſome-body to cut them with a Pair of Scizers to what Bigneſs you pleaſe, laying them on your Wire to drain.

Note, thus you may candy all Sorts of Oranges and Lemon-Peals or Chips.——Lemon Rings and Faggots are done the ſame Way, with this Diſtinction only, that the Lemons ought to be pared twice over, that the Ring may be the whiter; ſo will you have two Sorts of Faggots: But you muſt be ſure to keep the outward Rind from the other, elſe it will diſcolour them.

To dry Golden-Pippins.

Pare your Pippins, and make a Hole in them, as above, then weigh them, and boil them 'till tender; then take them out of the Water, and to every Pound of Pippins take a Pound and a half of Loaf-Sugar, and boil it, 'till it blows very ſtrong; then put in the Fruit, and boil it very quick 'till the Sugrr flies all over the Pan; then let them ſettle, and cool them, ſcum them, and ſet them by 'till the next Day, then drain them, and lay them out to dry, duſting them with fine Sugar before you put them into the Stove; the next Day turn them and duſt them again, when dry, pack them up.

Note, You muſt dry them in Slices or Quarters, after the ſame Manner.

Zeſt of China-Oranges.

Pare off the outward Rind of the Oranges very thin, and only ſtrew it with fine Powder-ſugar, as much as their own Moiſture will take, dry thom in a hot Stove.

To

Valuable Family Jewel.

To preſerve Cherries Liquid.

Take the beſt Morella-Cherries when ripe, either Stone them or clip their Stalks; and to every Pound take a Pound of Sugar, and boil it 'till it blows very ſtrong, then put in the Cherries, and by Degrees bring them to boil as faſt as you can, that the Sugar may come all over them, ſcum them and ſet them by; the next Day boil ſome more Sugar to the ſame Degree, and put ſome Jelly of Currans, drawn as hereafter directed: For Example, if you boil one Pound of Sugar, take one Pint of Jelly, put in the Cherries and Syrup to the Sugar, then add the Jelly, and give all a Boil together; ſcum them, and fill your Glaſſes or Pots; take Care as they cool to diſperſe them equally, or otherwiſe they will ſwim all to the Top.

To draw Jelly of Currans.

Waſh your Currans, put them into your Pan, and maſh them; then put in a little Water and boil them to a Pomiſh; then ſtrew it on a Sieve, and preſs out all your Juice, of which you may make the Jelly for all the wet Sweet-meats that are red.

Note, Where white Currans-Jelly is preſcribed, it is to be drawn after the ſame Manner; but obſerve you ſtrain it firſt.

To make Rasberry-Biſcakes.

Preſs out the Juice, and dry the Paſte a little over the Fire, then rub all the Pulp through a Sieve; then weigh, and to every Pound take eighteen Ounces of Sugar, ſifted very fine, and the Whites of four Eggs, put all in the Pan together, and with a Whiſp beat it 'till it is very ſtiff, ſo that you may lay it in pretty high Drops; and when it is ſo beaten, drop it in what Form you pleaſe on the back Sides of Cards, (Paper being too thin it will be difficult to get it off) duſt them a little with very fine Sugar, and put them into a very warm Stove to dry; when they are dry enough, they will come eaſily from the Cards; but while ſoft, they will not ſtir: then take and turn them on a Sieve, and let them

remain a Day or two in the Stove; then pack them up in your Box, and they will, in a dry Place, keep all the Year without ſhifting.

To make Raſberry-Jam.

Preſs out the Water from the Raſberries, then to every Pound of Raſberries take one Pound of Sugar, firſt dry the Raſberries in a Pan over the Fire, but keep them ſtirring, leſt they burn; put in your Sugar, and incorporate them well together, and fill your Glaſſes or Pots, covering them with thin white Paper cloſe to the Jam whilſt it is hot; and when cold, tie them over with other Paper.

To preſerve Green Grapes.

Take the largeſt and beſt Grapes before they are thorough ripe, ſtone them and ſcald them, but let them lie two Days in the Water they were ſcalded in; then drain them and put them into a thin Syrup, and give them a Heat over a ſlow Fire; the next Day turn the Grapes in the Pan and warm them again; the Day after drain them and put them into a clarified Sugar, give them a good Boil and ſcum them, and ſet them by; the following Day boil ſome more Sugar to blow, and put it to the Grapes, and give them a good Boil, ſcum them and ſet them in a warm Stove all Night; the next Day drain them and lay them out to dry, firſt duſting them very well.

To make Raiſin Wine

To a Gallon of Water put five Pounds of Raiſin-Stalks, and all ſhred groſs; let them ſtand ten Days, ſtirring them once a Day; then let it be ſtrained, poured out, and put into a Barrel that will juſt hold it; and to every Gallon, put the Whites of two Eggs very well beat: Tun it up, with the Wine, ſtop the Veſſel cloſe, and let it ſtand ſix Months before you bottle it.

To make Orange Wine.

Put twelve Pounds of fine Sugar, with the Yolks of five Eggs well beat; put to it ſix Gallons of Spring-water; boil it three Quarters of an Hour ſkim it well, then

then let it ſtand in a wooden Cooler 'till 'tis near cold: Then put ſix Spoonfuls of Ale-Yeaſt, and the Juice of twelve large Lemons; they muſt be par'd, and ſqueez'd in a large Tankard or Mug, upon two Pounds of double refin'd Sugar over Night: In the Morning ſkim it, take out the Seeds, and put the Juice and Sugar into the other; put in alſo the Juice of five *Seville* Oranges, Rinds and all; let it work together two Days, then put in two Quarts of *Rheniſh* Wine, and put it into a Rundlet, and ſtop it cloſe 12 Days, then bottle it. Obſerve, there muſt be but half the Rinds put into the Caſk, and as few of the Seeds as poſſible,

To make Cowſlip Wine.

To every Gallon of Water, put two Pounds of Sugar; boil it an Hour, ſkim it well, then ſet it to cool: Take a Toaſt well bak'd, ſpread it on both Sides with Ale-Yeaſt; before you uſe the Yeaſt, beat Syrup of Citron, an Ounce and an half to every Gallon of Liquor; put in the Toaſt while it is hot, that it may work the better, which it muſt do two Days; in the working, put in your Cowſlips pick'd clean from the Greens, and well ſtamped. To ten Gallons of Liquor, put half a Buſhel or three Pecks of Flowers, two Lemon Rinds ſhred, and two Quarts of *Rheniſh* Wine; let it work two Days; before the Wine goes in, ſtrain it from the Flowers; and put it in a ſeaſon'd Caſk, when it has done working; and let it ſtand a month or five Weeks, then bottle it: But if you think fit you may omit the Syrup of Citron.

To make Rasberry Wine.

Take four Pounds of Raiſins, and ſtone them, two Pounds of Loaf-ſugar, five Quarts of Raſberries heap'd, a Gallon of Spring-water, boil the Water an Hour, then pour it into the Pot on the Ingredients, and ſtop it very cloſe, and when it has ſtood three or four Days, pour off the Liquor into the Bottles for Uſe.

To make Cherry Wine.

Take Cherries full ripe, ſtone half of them, put into a Tub proportionable to the Quantity you make, ſtrew

Sugar over them for forty-eight Hours, then preſs them as you do Cyder; add to every ſix Quarts a Pound of fine Sugar, toaſt a large Piece of Bread, put Yeaſt upon it, put it into the Liquor warm, and let it work a Day or two before you put it into your Caſk, and let it ſtand two Months before you rack it off, and repeat racking it till 'tis fine, and then Bottle it for Uſe.

To make Elder Wine.

Take ten Gallons of Water, ſteep therein forty-five Pounds of *Malaga* Raiſins, ſhred groſly, for ten Days, ſtirring them every Day, then ſtrain it, and put it into a Veſſel, put thereto, eight Quarts of the Juice of Elder-Berries, boiled with five Pounds of Loaf-ſugar, well ſcumm'd; let it ſtand unſtopp'd four Days to work, then ſtop it cloſe, and after ſix Months Bottle it; you may put two Quarts of Syrup of Cloves, which will give it a nearer Reſemblance of Claret, but then you may omit two Quarts of the Elder-Juice.

To make a fine Bitter.

Take of Rhubarb one Ounce, of Snake-root one Ounce, of Cardamums one Ounce, one Handful of Camomile-flowers, the Peal of two Seville Oranges, for two Quarts of Mountain.

To make Goosberry Wine.

Boil River-water an Hour; when cold, to each two Quarts of Water, put three Pounds of Gooſberries, well bruiſed, let them ſteep twenty-four Hours, ſtir them once every two Hours in the Day-time, cover them cloſe all Night, next Morning let it run through a Hair Seive, or Strainer; after ſettling, to each Gallon of Liquor, put two Pounds of white Sugar; the Sugar is to be put into the Veſſel, and the Liquor poured upon it; ſtir it till the Sugar is diſſolved, then fill up the Veſſel and ſtop it cloſe, and leaving a Vent-hole to open as Occaſion requires, let it ſtand three Weeks, and then boil it, putting a Lump of Loaf-ſugar into each Bottle.

To make Balm Wine.

Take nine Gallons of Water, and eighteen Pounds of Sugar, boil them together gently for two Hours, ſcum it well, and pour it into a Tub to cool, till 'tis of the Temper of Wort, when Yeaſt is put to it; have ready three Pounds of the Tops of Balm a little bruiſed, which you muſt put into a Barrel, with one Pennyworth of Yeaſt, then pour the Liquor upon it, and ſtir it well together; after which let it ſtand twenty-four Hours unſtopped, ſtirring once every three or four Hours; then ſtop it cloſe, and let it ſtand a Fortnight, then bottle it with a Lump of Sugar in each Bottle; when you put it into a Barrel, you may put in the Pulp and Juice of two Lemons. The beſt Time of making is the Spring, when Balm is good.

A cheap Way to make a ſmall Currant-Wine.

Take two Pound of good Currants, and put them into a deep ſtrait-mouth'd Earthen Pot, and pour upon them about three Quarts of hot Water, having firſt diſſolved in them three Spoonfuls of the pureſt and neweſt Ale Yeaſt; ſtop it cloſe 'till it begins to work, then give it the Vent, as is neceſſary, and keep it warm for about three Days: It will work and ferment: Taſte it after two Days, to ſee if it be grown to your Liking: Then let it run thro' a Strainer, to leave behind all the Currants and Yeaſt, add Sugar, and bottle it up, it will be very quick and pleaſant; it is admirable good to cool the Liver and cleanſe the Blood: It will be ready to drink in 4 or 5 Days. *This is recommended by an eminent Phyſician.*

Note, *In making the ſtrong Currant-Wine, Experience has convinced me, that the Trouble of picking the Currants from the Stalks may be ſaved; as I can aſſure the Reader, I never made better Wine from Currants, than I have done for the laſt five Years, none of which Currants were pick'd from the Stalks, my chief Care being to take off the bruiſed Fruit.*

To make Gooſberry Vinegar.

Take the Gooſberries when full ripe, bruiſe them well,

well, to every Gallon of ſuch Gooſberries, put three Gallons of Spring-water, that has been boil'd, and cold again; let it ſtand twenty-four Hours, then ſtrain it through a Canvas; after that, let it run through a Flannel Bag; and to every Gallon of ſuch Liquor, put a Pound and Quarter of good brown Sugar, ſtir it well then barrel it up; if you ſet it in the Sun, it will ſooner be fit for Uſe.

A good Pickle for Pork, for preſent ſpending.

One Gallon of Spring water, half a Pound of Bay-ſalt, the like Quantity of coarſe Sugar, three Ounces of Salt-Petre, which muſt be boiled altogether, and you muſt ſkim it when cold; the Pork is to be cut into what fiz'd Pieces you think moſt proper, which muſt be laid down cloſe, and then pour the Liquor upon it; it muſt be kept from the Air; it will be fit for Uſe in about eight Days. If your Pickle don't keep well, it muſt be freſh boil'd; ſkim it when cold, as before, and then put it to the Meat again.

To Mango Codlins.

Scoop out the Core, and fill them with Ginger and Muſtard, and All-Spice; tie them cloſe, and pour as much of the beſt Vinegar, ſcalding hot, as will cover them; tie a Cloath over them; then ſlice ſome Nutmeg, Ginger, Cloves and Mace, put them into a Pot, with as much Vinegar as will cover them; you muſt boil up your Vinegar often, that they may be kept green: They will keep a long Time, if ſtopt cloſe.

To Pickle Onions.

Procure ſome ſmall ſound Onions, which you muſt peel, and put into cold Water; then boil ſome Salt and Water, and put them in, 'till boil'd ſoft enough to eat; then take the beſt White-Wine Vinegar, put in ſome Salt, Spice, *&c.* to your Liking, and let the Onions boil in it, about five Minutes; ſtop them cloſe, when cold they are fit for Uſe.

To pickle large Cucumbers.

Rub them very clean with a wet Cloth; then put them

them in a ſtrong Brine for ſeven or eight Days, changing it every other Day; after which boil as much of the beſt White-wine Vinegar as will cover them, add thereto whilſt boiling, Nutmeg, Mace, and Plenty of black Pepper, *&c.* a few Cloves of Garlick, Plenty of Muſtard-ſeed, and a ſmall Quantity of Ginger, in Slices; the Pickle muſt be put to them hot, and often boil'd and put to them, 'till they are of a beautiful Green.

To Pickle Samphire.

Get the beſt green Samphire, which you muſt lay in a Pan, and throw Plenty of Salt over it; then cover it with Spring-water; in this Liquor it muſt lie twenty or thirty Hours; after which, it muſt be ſet on a gentle Fire, cover'd with the beſt Vinegar; keep your Sauce-pan cover'd, and let it continue over a ſlow Fire, 'till it is green and criſp; mind to take it off before it be ſoft; and, when cold, tie it down and keep it for Uſe

To Pickle Cucumbers.

Take ſmall Cucumbers, and pick them, but not rub them; make a Brine to bear an Egg, put your Cucumbers into an Earthen Pan, boil your Brine well, and whilſt hot, pour it on them, and cover them cloſe, let them ſtand twelve Hours, then pour the Brine away, fling them into a clean Cloth, and change them into clean Cloths 'till quite dry; then take Spices, ſuch as Nutmegs, ſliced, Cloves, a little long Pepper, Jamaica Pepper, a little black Pepper, a little Ginger a little Mace two or three Cloves of Shallott, one Clove of Garlick, put theſe into good Vinegar, boil it all up about eight Minutes, then put in the Cucumbers, and let them boil very ſlow, 'till they are quite plump and green, then take altogether, and pour them into a Jar, and cover them with a Plate 'till cold; they are fit for Uſe immediately.

N. B. Jars are the beſt Things for keeping Pickles in: When taken out for Uſe, take a Spoon; many People take them out with their Fingers, but that hurts the Pickles.

To Pickle Muſhrooms.

Boil your Muſhrooms in Spring water, and a little Milk, for about twelve Minutes, then ſtrain them thro' a Cullender; after which, throw them into cold Pump Water, where they muſt lie till quite cold; then get good Vinegar, and boil it in Spices, as Mace, Cloves, Nutmegs quartered, *&c.* when this is cold, take your Muſhrooms out of the Water, drain them dry, and put them into your Pickle; they muſt be ty'd down cloſe with a Bladder. Diſtill'd Vinegar is beſt for Muſhrooms.

To Pickle French Beans.

Prepare a Brine of Salt and Water, ſtrong enough to bear an Egg, in which lay your Beans for nine or ten Days; after which time, get ſome boiling Water ready, clear your Beans from the Brine, throw them into your boiling Water, let them boil about two Minutes, then ſtrain them from the Water into a Cullender; when well ſtrained, put them into a Jar, and put in as much ſcalding Vinegar as will cover them, ſtop them cloſe down, and let them ſtand four or five Days; then take altogether, put them on a ſlow Fire about an Hour, but you muſt not boil them; then put them and the Vinegar into a Jar, with white Pepper, All Spice, Mace, Ginger, and Nutmeg; ſome add Dill.

To pickle red Cabbage.

Cut your Cabbage in ſmall Pieces, ſeaſon your Vinegar with Spices to your Liking; add a Slice of Beet-root, then boil it well up, and pour it ſcalding hot over your Cabbage, and, when cold, drain it from your Cabbage, boil it up again, and put it to the Cabbage; do thus two or three Times. Some tincture the Vinegar with Cocheneal.

To pickle Walnuts.

Take what Quantity of Walnuts you think proper, but the Shells muſt be ſoft, ſcald them, then rub off the firſt Skin; afterwards throw them into Salt and Water for about ten Days, ſhifting them every other Day, during which

which Time, they muſt be kept cloſe cover'd from the Air, then dry them, and put to them long Pepper, Cloves, Mace, Nutmeg, and Muſtard-ſeed; after which, pour your Vinegar boiling hot upon them, and keep them cloſe ſtopt; ſome add a little Garlick; boil the Pickle as often as you ſee Occaſion.

To pickle Oyſters.

Take the Oyſter-liquor, and half as much Water, three or four Blades of Mace, a little whole Pepper, a Bit of Lemon-peel, a little Salt, ſet this over the Fire, and let it boil, then put in two Spoonfuls of Vinegar, as much White-wine as Oyſter-liquor; after which waſh the Oyſters, put them in, and let them lye till enough; keep them cloſe ſtopt for Uſe.

To pickle Barberries.

Make your Water ſalt enough to bear an Egg; after boiling it, cover your Barberries with it; if you deſign them for Sauce, boil Vinegar, ſeaſon'd with Spice, and a little Allum, with which you muſt cover them.

To Mango large Cucumbers.

Take the Seeds and Cores out, and put in them whole Pepper, and other Spice, a little Garlick, and then tie them cloſe; after which, put them in Salt and Water twenty-four Hours; then wipe them dry, boil as much Vinegar as will cover them (which you may ſeaſon to your Liking) and put it on the Cucumbers boiling hot.

To make French Bread.

Three Quarters of a Peck of Flour is made into Bread thus: Take three Pints of Water, and one of Milk; ſeaſon it with Salt; then take three Quarters of a Pint of fine Ale Yeaſt, and lay in two Quarts of Water the Night before; after pouring it off, ſtir in your Yeaſt into the Milk and Water; break in about two Ounces of Butter; diſſolve it well, then beat up an Egg, and ſtir it in; then add theſe Articles to your Flour; in a cold Seaſon, your Dough ſhould be much ſtiffer, than in Summer; take Care it be well mix'd; make it into ſmall Roles, and put them into a brisk Oven, but take Care not to

burn them; when they have laid about 24 Minutes turn them; then let them lie for the ſame ſpace of Time; afterwards take them out, and raſp them. The Liquor is to be ſtirred into the Flour, as done for Pye-Cruſt; the Dough being made, it muſt be cover'd with a Cloth; it muſt lie to riſe a few Minutes.

To make Muffins, Oat Cakes, &c.

Hertfordſhire Flour being reckon'd the beſt, it is generally made Uſe of on theſe Occaſions; therefore, take half a Buſhel of the fineſt Sort, three Quarters of a Pint of fine Ale Yeaſt; let it lie in Water all Night; in the Morning pour off the Water clear; then warm one Gallon of Water Milk-warm; to which add one Ounce of Salt; mixt the Water, Salt, and Yeaſt well together, for about twelve Minutes; then ſtrain it, and mix up your Dough as light as poſſible; let it lie in your Trough an Hour to riſe; then Hand-roll it, pull it into ſmall Pieces, roll it with your Hand, like a Ball, lay them on a Board, and as faſt as you do them lay a Flannel over them, which the Dough muſt be kept cover'd with; when you have roll'd out all your Dough, begin Baking; by the Time your firſt are done, the others will be ſpread out in the Form they ſhould be; when one Side begins to change Colour on the Iron, they muſt be turn'd; a pale Colour is beſt; but be ſure ſuffer them not to burn, which they will be apt to do, if the Middle of the Iron be too hot. The Iron made uſe of, is ſet up like a Copper, and Fire kept the ſame Way; only where the Lid of the Copper lies, there muſt the Iron be plac'd.

Muffins are made the ſame Way; only remember, when you pull them to Pieces, roll them in a good deal of Flour; roll them thin with a Rolling-pin; cover them with a Flannel, and they will riſe to ſufficient Thickneſs; keep theſe likewiſe of a pale Colour. The Manner of toaſting them (for eating) is ſufficiently known; only take this Caution, not to cut them with a Knife (it making them extreamly heavy) but pull them apart. If

the

the above Quantity of Flour ſhould prove too little for your Water, *&c.* a little more may be added.

For making Bread without Yeaſt.

To accompliſh this, you muſt procure a Lump of about two Pounds, of the Dough of your laſt making, which had been raiſed by Yeaſt; it muſt be kept in a Wooden Veſſel, and cover'd with Flour; this is call'd Leaven. The Night before you intend to beak, put the ſaid Lump of Dough into about a Peck of Flour, and work them well with warm Water; it muſt lie in a Veſſel of Wood, cover'd with a Linnen Cloth, and a Blanket, remembering to keep it warm; the next Morning it will riſe ſo as to be ſufficient to mix with more than two Buſhels of Flour, being work'd up with warm Water and a little Salt. When ſufficiently work'd, let it be well cover'd as before, till you find it riſe; then kneed it well, and make it into what Form you think fitteſt for Baking. The more Leaven is put to the Flour, the better and lighter the Bread will be; and the freſher the Leaven, the Bread will be leſs ſower.

A good Thing for ropy Beer.

Two Handfuls of Bean Flour, half the Quantity of Salt; throw this into a Kilderkin of Beer, but don't ſtop it till it has done fomenting; let it ſtand about a Month, and it will be fit for Uſe.

When Beer is ſour proceed thus:

To a Kilderkin of Beer, throw in a Quart of Oatmeal, leave the Bung looſe for three or four Days, after which, ſtop it cloſe; let it ſtand a Month; and it will be fit for Uſe. *Or thus:* Throw in a Lump of Chalk, of about half a Pound; and when it has done working, ſtop it cloſe for five or ſix Weeks, before you tap it.

In Lincolnſhire *they proceed thus*:

When ſour, or foul, they throw in (at the Bung-hole) a Piece of unſlack'd Lime (according to the Size of the Veſſel, about a Pound to a Kilderkin) leaving the Bung looſe two or three Days; then ſtop it cloſe, and it will be fit for Uſe in about a Month.

To cure a Hogſhead of ſoul Ale, or Beer.

Take a Pound and a Half of Oyſter-ſhell Powder, half an Ounce of Cream of Tartar, the like Quantity of Bay-ſalt, and one Ounce and an Half of Iſinglaſs. —*If SOUR*, Take four or five Pounds of Mutton, cut into Pieces, four Ounces of Egg-ſhells, dry'd and powder'd, and half an Ounce of Salt of Tartar; put theſe into the Caſk, and your Liquor will ſoon be reſtor'd to its firſt Perfection. *Note*, The above Quantity of Ingredients are for half an Hogſhead of either Ale or Beer; if the Liquor be more in Quantity, the Ingredients muſt be increas'd in Proportion thereto.

An Excellent Method to preſerve a conſtant Stock of YEAST.

When you can ſpare Yeaſt, take a Quantity, ſtir and work it well with a Whisk, till it ſeems liquid and thin. Then get a large wooden Diſh, or Tub, clean and dry, and with a ſoft Bruſh lay on a thin Layer of the Yeaſt thereon, turning the Mouth downwards, to prevent its getting Duſt, but ſo that the Air may come to it to dry it: When that Coat or Cruſt, is ſufficiently dryed, lay another, which ſerve in the ſame Manner, and continue putting on others, as they dry, till two or three Inches thick, which will be uſeful on many Occaſions: But be ſure the Yeaſt in the Veſſel be dry, before more be laid on. When wanted for Uſe, cut a Piece, lay it in warm Watér, ſtir it together, and it will be fit for Uſe: If for Brewing, take a Handful of Birch, tied together, dip it into the Yeaſt, and hang it up to dry, take care of duſt getting at it. When your Beer is fit to ſet to work, throw in one of theſe and it will work as well as if you had freſh Yeaſt: You muſt whip it about in the Wort, and then let it lie: When the Beer works well, take out the Broom, dry it again, and it will do for the next Brewing.

To

To clear Wine.

Take half a Pound of Hartſhorn, and diſolve it in Cyder, if it be for Cyder, or Rheniſh Wine, for any other Liquor; This is enough for a Hogſhead.

To fine Wine the *Lisbon* Way.

To every twenty Gallons of Wine, take the Whites of ten Eggs, and a ſmall Handful of Salt, beat it all together to a Froth, and mixt it well with a Quart or more of the Wine: Then pour it into the Veſſel, and in a few Days it will be fine.

Concerning Marketing, &c.

I muſt own, there is nothing like Practice, to bring a Perſon to any tolerable Perfection in Marketing; however, I hope the following Inſtructions will be as ſerviceable to others, as they have been to me.——In Regard to Lamb, you may be aſſur'd that is freſh and good, if the Neck-Vein be blue; if otherwiſe, it is inclinable to ſtale; in a Hind-Quarter, the Knuckle and Kidney are the Parts that taint firſt; if the Knuckle be limber, or the Meat clammy, you may be aſſur'd it is ſtale; the Head of a Lamb is known by the Eyes, which, if wither'd or ſunk, it is ſtale; on the contrary, if plump, liveſy, *&c.* you may be aſſured it is freſh.

Of Veal, the Breaſt and Neck taint firſt; if a Breaſt, mind the Sweet-bread; if it be clammy it is ſtale; if otherwiſe, it is good; if the Knuckle, of either Leg, or Shoulder, be over pliable, or clammy, it is bad; if the bloody Vein of the Shoulder looks blue, or of a brightiſh Red, it is freſh; if otherwiſe, it is ſtale; but this you may make a general Obſervation, that whatever Meat is clammy, cannot be freſh; you are likewiſe to form a Judgment of all Kinds of Heads, either Lamb, Mutton, Veal or Beef, by the Eyes, as deſcrib'd in the Lamb's-Head.

If the Fat of Mutton be ſpungy, that Meat is not good; that is always beſt, when the Lean looks of a fine Red, the Grain fine, the Fat white and firm; if the Fleſh be looſe from the Bone, it is not ſound; and that Mutton is bad,

bad, which, on ſqueezing, omits a Kind of Water like Dew.

Beef is known by its fine Colour; if the Grain be over cloſe, and the Colour dark, it is a Sign it is Bull Beef, if good Ox-Beef, it will have an open Grain, and ſhew an oily Smoothneſs; and that Beef is always beſt, whoſe Suet is whiteſt.

Pork is not good if it be the leaſt clammy; and buy not that which has any little Kernels in the Fat, for ſuch Meat is meaſly, and not fit for eating; that Sort is always young, where the Bones are ſmall, pliable, and look blue; and Pork, of an over great Size, is not ſo good as the ſmaller Sort.

Bacon may be known, by thruſting in a Knife under the Bones; if the Knife affords an agreeable Flavour, it is good; if otherwiſe it is bad; the Lean ſhould be a fine Red, the Fat clear, white, inclinable to a Red; the Rind thin and dry.

Butter is beſt, that looks of a fine Yellow; tho' both Cheeſe and Butter are beſt known by taſting.

Eggs are not freſh, if the great Ends are not warm, which may be known by putting your Tongue thereto; Eggs will keep ſome Months, if ſet with their ſmall Ends downwards in fine Wood-Aſhes.

There are ſo many Ways of deceiving young Market-People in all Sorts of Fowls, that it is impoſſible to lay down Rules to prevent them from being ſometimes cheated; it is beſt, however, to keep to one Poulterer, as he will be more cautious how he deceives you, than if you were a Stranger: It may not be amiſs, however, to obſerve, that the Eyes of ſuch Fowls as look moſt lively, and whoſe Feet are moſt limber, ſuch are moſt likely to be freſh.

A Gooſe may be known by its Bill; which, if yellowiſh, and ſhe has but few Hairs, ſhe is young; but, if full of Hairs, and the Bill and Feet are red, ſhe is old; if limber-footed, new, if dry-footed, ſtale.

If either Rabbits, or Hares, are ſtiff, they are freſh; if limber, the contrary. But be as cautious as we will, old Market-people are ſometimes deceiv'd in Poultry.

Obſervations concerning Brewing.

See your Malt be clean, and let it ſtand a Week, after ground, before you uſe it. The Quantity of Malt ſhould be proportion'd to the Drink you deſign to make. For Inſtance, thirteen Buſhels of Malt will make a Hogſhead of *October*, or ſtrong Beer; Hops eight Pounds; it will afterwards make near a Hogſhead of good Small-Beer, adding one Pound and a Half of freſh Hops to it.

Eight Buſhels of Malt will make a Hogſhead of excellent Ale, and the like Quantity of Small-Beer; in making the Ale, five Pounds of Hops: For Small-Beer (afterwards) add one Pound and a Half of Hops. Eight Buſhels of Malt will likewiſe make three Hogſheads of fine Table-Beer, that will keep the Year through, provided you uſe eight Pounds of Hops with it; or you may make 24 Gallons of good Ale, and two Hogſheads of Small-Beer, of the ſaid Malt and Hops.

It may in general be obſerved, where Ale is deſign'd for keeping, that a Pound of Hops ſhould be allow'd to every Buſhel of Malt; if deſign'd for preſent ſpending, little more than half the Quantity will ſerve *though the Palate of the Perſon it is brew'd for, ſhould be conſulted.*

Take particular Care to have your Caſks, *&c.* well clean'd and dry'd; and never uſe them on any other Occaſion than Wine-making, or Brewing; it is a good Way to take out their Heads; and, after being well clean'd with a Hard-bruſh, Sand, *&c.* put them in again, ſcald them well, throw into each Barrel a Piece of unſlack'd Lime, and ſtop in the Bung cloſe.

Having got your Caſks, *&c.* in Readineſs, proceed as follows, *viz.* When you have a Copper of boiling Water ready, pour it into your Maſh-Tub, and let it be cool enough to ſee your Face in; then pour in your Malt, and let it be well maſhed; have a Copper of

Water

Water boiling in the mean-time, and when your Malt is well maſhed, fill your Maſhing-Tub; ſtir it well again, and cover it over with the Sacks. Let it ſtand three Hours, then ſet a broad ſhallow Tub under the Cock, let it run very ſoftly; and if it is thick, throw it up again, till it runs fine; then throw a Handful of Hops in under the Tub, and let the Maſh run into it, and fill your Tubs till all is run off. Have Water boiling in the Copper, and lay as much more on as you have Occaſion for, allowing one Third for boiling and Waſte. Let that ſtand an Hour, boiling more Water to fill the Maſh-Tub for ſmall Beer; let the Fire down a little, and put into the Tubs enough to fill your Maſh. Let the ſecond Maſh be run off, and fill your Copper with the firſt Wort; put in Part of your Hops, and make it boil quick. About an Hour is long enough; and when it is half-boiled, throw in a Handful of Salt.

Have a clean white Stick, and dip it into the Copper, and if the Wort feels clammy, it is boil'd enough; then ſlacken your Fire, and take off your Wort. Have ready a large Tub, but two Sticks acroſs, ſet your ſtraining Baſket over the Tub on the Sticks, and ſtrain your Wort through it. Put your Wort on to boil, with the reſt of the Hops, let your Maſh be ſtill cover'd again with Water, and thin your Wort that is cooled in as many Things as you can, for the thinner it lies, and the quicker it cools, the better. When quite cold, put it into the Tunning Tub. Mind to throw a Handful of Salt into every Boil. When the Maſh has ſtood an Hour, draw it off, then fill your Maſh with cold Water, take off the Wort in the Copper, and order it as before. When cold, add to it the firſt in the Tub: So ſoon as you empty one Copper, fill the other ſo boil your Small-Beer well. Let the laſt Maſh run off, and when both are boiled with freſh Hops, order them as the two firſt Boilings; when cool, empty the Maſh-Tub, and put the Small-beer to work there. When

cool

cool enough, work it; ſet a wooden Bowl of Yeaſt in the Beer, and it will work over with a little of the Beer in the Boil. Stir your Tun up every twelve Hours, let it ſtand two Days, then tun it, taking off the Yeaſt. Fill your Veſſels full, and ſave ſome to fill your Barrels; let it ſtand till it has done working, then lay on your Bung lightly for a Fortnight, after that, ſtop it as cloſe as you can. Mind you have a Vent-peg at the Top of the Veſſel; in warm Weather open it; and if your Drink hiſſes, as it often will, looſen till it has done, then ſtop it cloſe again. If you can boil your Ale in one boiling, it is beſt, if your Copper will allow it; if not, boil it as Conveniency ſerves. The Strength of your Beer muſt be according to the Malt you allow, more or leſs, there is no certain Rule.

When you come to draw your Beer, and find it is not fine, draw off a Gallon, and ſet it on the Fire, with two Ounces of Iſinglaſs, cut ſmall and beat: Diſſolve it in the Beer over the Fire: When it is melted, let it ſtand till it is cold, and pour it in at the bung, which muſt lay looſe on it till it has done fomenting, and then ſtop it cloſe for a Month.

Take great Care your Caſks are not muſty, or have any ill Taſte, if they have, it is very difficult to ſweeten them. You are to waſh your Caſks with cold Water before you ſcald them, and they ſhould lie a Day or two ſoaking, then clean them well, and ſcald them.

Concerning Roaſting of Meat.

A good Fire is one great Article; and mind not to ſalt any Meat deſigned for roaſting, 'til it is put to the Fire (unleſs Neceſſity obliges you) it not only draws out the Gravy, but makes it hard. Beef ſhould be roaſted with a Paper over it, and well baſted with Butter; when the Smoak draws to the Fire, it is a ſure Sign of its being near done; your Diſh is to be garniſhed with Horſe-raddiſh, ſcraped. The Chine, and Saddle of Mutton, are roaſted with a Paper on, as the Beef is; all other

Joints of either Mutton or Lamb, are roaſted without a Paper; keep a quick Fire; baſte when you put the Joint to the Fire, and juſt before you take it up; a little Flour muſt be remembered to drudge it; but obſerve to do it ſparingly. A Loin of Mutton is often ſkinned, and roaſted brown; a breaſt ſhould always be ſkinned. Veal ſhould be roaſted as brown as poſſible; if a Loin, or Fillet, be ſure paper the fat Part; it muſt not be roaſted too haſty at firſt; 'tis to be baſted when firſt laid down, and again juſt before taken up, and drudge it with a little Flour; the breaſt is roaſted with the Caul and Sweetbread on; but when near done, take away the Caul, and baſte it, and drudge it with a little Flour. Pork, when put to the Fire, ſhould be ſlaſhed with a ſharp Knife acroſs the Rind, but ſome Joints are not done ſo; be ſure let this Kind of Meat be ſufficiently roaſted; it is common to throw a little Sage cut exceeding ſmall over thoſe Joints of Pork that are free from Rind juſt before they are taken up. Pork, in general, is ſent to Table with Apple Sauce, Muſtard, *&c.* A Pig ſhould have ſome Sage, cut ſmall, a ſmall Piece of Butter, and a little Pepper and Salt put in the Belly before ſpitted; your Fire muſt be at both Ends (no matter how little in the Middle) it muſt be kept flouring 'til you find the Skin hard; when roaſted enough, put three or four Ounces of Butter in a Cloth, and rub the Pig therewith, 'til the Crackling is very criſp.

Note, You muſt take Care to keep your Spit exceeding clean; make uſe of nothing but Sand and Water to ſcour it, wipe it dry, and keep it in a dry Place for Uſe.

You are to obſerve, that Meat takes more Time in Dreſſing in froſty Weather, than in that which is more mild.

A Leg of Mutton of ſix Pounds, will take an Hour and a Quarter; nine Pounds, an Hour and three Quarters; twelve Pounds, two Hours and a half.

In regard to Pork and Veal (both which ought to be thoroughly

thoroughly done) it is common to allow a Quarter of an Hour to every Pound.

Houſe Lamb ſhould likewiſe be thoroughly roaſted, a Fore Quarter, of a large Size, will require an Hour and Half; a ſmall one, about an Hour, unleſs the Fire be very briſk.

A Leg requires an Hour at leaſt; Shoulder, Neck, or Breaſt, near three Quarters of an Hour.

A Pig (when firſt killed) may be roaſted in little more than an Hour; if killed a Day or two, it will require ſome Time longer—But it is a certain Sign the Pig is enough when the Eyes drop out.

A Hare, of a middling Size, will take near three Pints of Milk, and half a Pound of Butter; this muſt be put into the Dripping Pan, and baſte your Hare with it, till it is ſoaked up, then the Hare is enough. I count this a good Way of roaſting a Hare.

A ſmall Turkey takes three Quarters of an Hour at leaſt, a middling one an Hour or more, a large one an Hour and three Quarters.

Keep the ſame Time in regard to Geeſe.

A Chicken is roaſted in about 24 Minutes; a middle-ſized Fowl in about half an Hour; the larger Sort in Proportion.

A ſmall Duck requires about 20 Minutes; a middle-ſized one half an Hour; a large one three Quarters of an Hour.

Wild Ducks don't take quite ſo much Time in roaſting as tame ones; but take Care to keep a quick Fire.

Twenty-four Minutes will roaſt either Woodcocks, Snipes, or Partridges.

Pidgeons are roaſted in 15 Minutes; Larks in 12.

A quick Fire is recommendable for all Kinds of Poultry.

Concerning Boiling of Meat.

It is a general Rule, in Boiling, to allow a Quarter of an Hour to every Pound, take Care to ſkim the Pot

otherwiſe your Meat will be black; ſalt Meat is put in when the Water is cold; freſh, when it boils; Plenty of Water is very recommendable in boiling. In boiling Greens, take care to give them Room enough; throw ſome Salt into the Water; and let them boil as quick as poſſible; Spinage, and green Peas, dont require much Room,

A Tongue, if ſalt and dry, requires near three Hours boiling; and, if put in over Night, it will be the better; keep it boiling near three Hours before it is taken up for eating.

Two Hours will boil a Tongue taken from the Pickle..

Fowls, Lamb, *&c.* boil much better in a Pot with Plenty of Water, without being put into a Cloth; but be careful in taking off the Scum.

Leſs than 20 Minutes will boil a ſmall Chicken; half an Hour a large one; large Fowls in Proportion.

A ſmall Turkey, or Gooſe, requires an Hour; a large one of either Sort, an Hour and a Half at leaſt.

Concerning Broiling.

Take care your Fire be clear, and your Grid-Iron very clean; obſerve to cut your Steak the right Way of the Grain, let it be little more than Half an Inch thick; lay it on the Grid-Iron, throw a little fine dry Salt on; ſome add Pepper, but it ſhould not be done 'till the Steak be near enough, becauſe it makes it both black and dry. In broiling Fiſh, be ſure they are well dry'd in Flour; before you lay them on, rub the Bars of the Grid-Iron with a Piece of Butter, which will prevent their ſticking to it.

Send your Steaks to Table in a Diſh, made very hot, but never put Pickles of any Sort, on the Diſh with the Steaks, for that being hot drys and ſpoils them.

It is a very bad Cuſtom to baſte any Thing on the Grid-Iron, for it ſmoaks the Meat, and gives it an ill Flavour.

Concerning

Concerning Frying.

Fiſh muſt always be well dry'd, and afterwards flour'd, they are beſt done in good Beef-Dripping; you are to make it boil in your Stew-Pan, and then put in the Fiſh; but take Care not to fry them of two high a Colour; and let them be well drain'd from the Dripping, before they are ſent to Table.

A proper Paſte for Tarts.

Three Quarters of a Pound of Butter, mix'd well with one Pound of Flour.——Or thus: Take equal Quantities of Flour, Butter, and Sugar, mix'd well; beat it with a Rolling-pin, and roll it thin.

To make Puff-Paſte.

Half a Pound of Butter, to a Quarter of a Peck of Flour; add a little Salt, then make it into Paſte with a little cold Water; roll it out, and ſtick ſmall Pieces of Butter over it, ſtrewing a little Flour; roll it over nine or ten different Times, 'till a Pound, or upwards, of Butter be roll'd in. This is a good Cruſt for all Sorts of Pies.

A good common Cruſt for large Pies.

Flour half a Peck; the Yolks of two ſmall Eggs; boil ſome Water, and put in half a Pound of try'd Suet; to which add near a Pound of Butter. Take off the Suet and Butter, and uſe as much of the Liquor as will make it into light Cruſt; it muſt be work'd well, and roll'd out as uſual.

Standing Cruſt for large Pies, of any Sort,

Flour half a Peck, Butter three Pounds, boil the Butter in two Quarts of Water, ſkim it off, and add it to the Flour; but take care to take as little of the Liquor as poſſible; work it into Paſte, pull it into Pieces 'till cold, and it is ready for the uſe you deſign it.

A good Cruſt with cold Water.

To every Pound of Flour, rub in half a Pound of Butter, and the Yolk of a ſmall Egg to every Pound of Flour; in making it up uſe cold Water.

A good

A good Cruſt of Beef Dripping.

To every Pound of Flour, half a Pound of Beef Dripping. Manage your Dripping thus: It muſt be boil'd in clear Water, take off the Fat and ſtrain it, let it ſtand till cold, ſcrape it, and boil it three or four times over, then work it as fine as you can, and make it into Paſte with cold Water.

A proper Cruſt for Cuſtards.

A Pound of Flour requires three Quarters of Butter, the Yolks ot four Eggs, a few Spoonfuls of Cream, mix well together, and let them ſtand ten or twelve Minutes, then work it, and roll it out very thin.

The Paſte uſed for Crackling Cruſt

A Quantity (about Half a Pound) of Almonds, throw them into Water, take a Cloth and dry them, beat them very fine in a Mortar, add Orange Flower Water to them with the White of an Egg: When well pounded, run them through a coarſe Hair-Sieve, to free them from Lumps, *&c.* then ſpread it on a Diſh, till very pliable, let it ſtand a ſmall Time, then roll out for the Under-Cruſt, dry it in an Oven on your Pye-Pan, while your other Articles are making for garniſhing, ſuch as Cyphers, Knots, *&c.*

An Excellent Ketchup, that will keep Fifty Years.

Two Gallons of the beſt ſtrong ſtale Beer, two Pounds and a Quarter of Anchovies, waſh'd from their Pickle: About two Pounds of Shallots peeled, Mace and Cloves, of each an Ounce, half an Ounce of whole Pepper, five or ſix Races of Ginger, a Gallon of large Muſhroom Flaps rubbed to Pieces. Cover theſe Ingredients cloſe, and let them ſimmer over a gentle Fire till half waſted, then ſtrain it through a Flannel Bag, let it ſtand till it is cold, and then it may be bottled, but take Care it be well cork'd. A ſmall Spoonful of this Ketchup to half a Pound of Butter, makes a delicate Sauce for Fiſh.

Shrimp-Sauce.

One Pint of Beef Gravy, to half a Pint of Shrimps, thicken

thicken it with four or five Ounces of Butter rolled in Flour: The Gravy ſhould boil, and be well ſeaſon'd.

To make Flomery.

Take a large Calf's Foot, cut out the long Bones, boil them in two Quarts of Water, then ſtrain it off, Top and Bottom, and put to the clear Jelly half a Pint of thick Cream, two Ounces of ſweet Almonds; one Ounce of bitter Almonds, well beaten together, juſt let it boil, then ſtrain it off, and when juſt warm, put it in Glaſſes.

Scotch Collops.

Take the Lean of a Leg of Veal, cut it in thin Slices beat it on both Sides with the Back of a Knife. Lard half with Bacon: Seaſon all with Pepper, Cloves, Mace, and Salt, duſt on them grated white Bread, fry them brown in ſweet Butter, clear out the Pan, and put a Pint of Water and Claret, of each alike, one Anchovy, three Slices of Lemon, two Shallots, two Spoonfuls of Muſhrooms: Then beat it up with burnt Butter, and ſerve it with ſliced Lemons. You may add to fry'd Veal, Sweetbreads, Lambs Stones, and Lamb with the Meat.

To do a Leg of Pork Ham Faſhion.

Make your Pickle ſalt enough to bear an Egg, and enough to cover two Hams: Then put in ſix Ounces of Salt-petre, three Quarters of a Pound of Bay-ſalt, and a Pound of brown Sugar, then boil them all together, and ſcum it, let it be cold, then put the Hams in, turning them every Day till they are ſalt enough, which will be near three Weeks: Then take them out, and put melted Butter over them, and hang them up.

In Imitation of Brawn.

Firſt boil two or three Pair of Neats Feet very tender, then take a Piece of Pork of the thick Flank, boil it near enough: Then pick the Fleſh off the Feet, roll it up in the Pork, as they do Brawn very tight: Then take a ſtrong Cloth, with ſome coarſe Tape, roll it tight round, and tie it up in a Cloth, and boil it till is ſo tender, you may run a Straw through it: Let it be hung

up

up in a Cloth till it is quite cold; after which, put it into ſome Souſing-Liquor, and it is fit for Uſe.

ELIXIR *of* HEALTH; Or, *The Choice* Family Medicine.

Take Anniſeed-Water, of a good Sort, one Quart; of Carraway, and Corriander-Seeds, each one Ounce; Liquorice-Root, two Ounces (which muſt be well bruis'd, and ſo muſt the Seeds) Jalap-Root, bruis'd to a groſs Powder, one Ounce; and the like Quantity of Sena Leaves. All theſe are to be put to the Anniſeed-Water, and ſet in a warm Place for three or four Days, minding to ſhake it often; after which Time it will be fit for Uſe. The beſt Way of making this, for Family Service, is in a large wide-mouth'd Glaſs Bottle, ſuch that are us'd for Pickles, *&c.*——And there is no Occaſion to ſtrain the Elixir from the Ingredients, becauſe it will be always fine enough, if the leaſt Care be taken in pouring it out, when wanted for Uſe—— *As this is publiſhed intirely for the Benefit of the Publick (without the leaſt Reſerve) I will here ſet down the Price of the Ingredients; by which it will appear to be a very reaſonable Medicine; and don't doubt but the Uſe of it will make its Excellency ſoon known, and gain it an eſtabliſhed Reputation: For my Part, I may with Truth, aſſure the Reader, there cannot be a better Purge, and that it has done almoſt Miracles in windy Diſorders; in ſhort, it is far ſuperior to the Daffy's Elixir; and may be us'd in all Caſes where that is recommended.*

It is to be taken thus! One Spoonful at Night, going to Bed, and two more the next Morning faſting. About half an Hour after taking the two Spoonfuls, drink ſome warn Gruel, or Tea.

The Quart of Anniſeed-Water, about Eight-pence.
The Seeds, one Half-penny an Ounce,
Two Ounces of Liquorice, one Penny.
Ounce of Jalap, about Six-pence.
Ounce of Sena, Four-pence.

N.B. When

N. B. When the Elixir is uſed, a Quart more of Anniſeed Water may be put to the Ingredients; and after ſtanding three or four Days in a warm Place, as before directed, ſtrain off the Liquor, and add only one half the Quantity of the above Ingredients, letting them ſtand three or four Days as before, and it will be fit for Uſe, and of the ſame Efficacy with the former.

Eaſe for that intolerable Pain, called the Tooth-ach.

The moſt celebrated Remedies for this Diſorder are nothing more than Spirits of Nitre and Allum, mixed with Spring-Water. Indeed one Sort, for which a Patent has been procured, is tinctured (to diſguiſe it only) with Cochineal.——But as it is ſomewhat difficult to give it this Tincture, without doing the leaſt Service, I ſhall not trouble the Reader with that Part that is uſeleſs, and only take Notice, that whoever puts half an Ounce of Spirits of Nitre and one Drachm of Allum to an Ounce of Spring Water, will have as effectual a Remedy for the Tooth-ach as has hitherto been made publick. The Teeth and Gums are to be rubb'd with a fine Rag dipped into the Liquid.

To preſerve Meat without Salt.

Wet a Cloth in White Wine Vinegar; wring it out, and wrap the Meat therein; by which Means it will be preſerved a Fortnight, or longer, in hot Weather.

To make hung Beef.

To twenty Pounds of Beef put a Pound of Bay-ſalt, two Ounces of Salt-petre, a Pound of Sugar, mixed with common Salt, let it lie ſix Weeks in this Brine, turning it every Day, then dry it and boil it for Uſe.

To make Diet Bread.

One Pound of fine Sugar, beat and ſifted, one Pound of Flour, eight Eggs, two of the Whites to be out; mix well together, and put into Pudding-pans for the Oven.

Cautions for melting Butter.

Obſerve your Sauce-pan be clean, and well tinned.

cut your Butter into Pieces, add a little cold Water and a ſmall Duſt of Flour; ſet it on the Fire, and neglect not to continue moving your Sance-pan leſt it ſhould oil.

To make Hartſhorn Jelly.

Half a Pound of Hartſhorn to three Quarts of Water, boil it half away; four Lemons, and it may be ſweetened to your Taſte. You may put in a little Saffron to colour it before you put it into your Bag; then run it thro' your Jelly-bag, which ſhould be made of Flannel.

To dry Neats Tongues.

Bruiſe ſome Bay-ſalt very ſmall, and ſome Salt-petre, rub the Tongnes with a Linen Cloth, then put the Salt to them, forcing it in, eſpecially to the Roots, and as it comes into Brine, add more; when they are hard and ſtiff, then they have had Salt enough, then roll them in Bran, and hang them to dry.

A genteel Diſh for a large Company.

Boil ſix Chickens, the ſame Number of Hogs Tongues boiled and peeled; a Colliflower boiled white in Milk and Water whole, and ſome Spinage boil'd very green; put your Colliflower in the Middle of the Diſh, lay the Chickens round, the Tongues round them, with the Roots outwards, the Spinage is to be laid in ſmall Parcels between the Tongues. The Diſh is uſually garniſhed with ſmall Pieces of Bacon toaſted, a Piece of which is to be laid on each Tongue.

To make a plain Caſtard.

One Quart of good new Milk, ſweeten it to your liking; a little grated Nutmeg; eight Eggs, half the Whites omitted; beat them up well, ſtir them into the Milk, and bake it: A little Roſe Water may be added.

To make a fine Bitter.

Take of Rhubarb one Ounce, of Cardamums the like Quantity, one Handful of Camomile Flowers, the Peel of two Seville Oranges, for two Quarts of Mountain.

To diſtill Verjuice for Pickles.

Take three Quarts of ſharpeſt Verjuice, and put in a cold

cold Still, and diſtil it off very ſoftly; the ſooner it is diſtilled in the Spring, the fitter it is for Uſe.

To keep French Beans all the Year.

You muſt ſtring your Beans, and cut them in half, put them into an earthen Pot, then lay a laying of Beans and a laying of Salt, and cover them; ſteep them all Night in Water, then uſe them.

A favourite Soup.

Get a Quarter of a Pound of the beſt Rice, pick and waſh it very clean, boil it in Veal Broth till it is very tender, add a little Mace, and one young Fowl, ſcum this very clean, and ſeaſon lightly with Salt, and put in half a Pound of ſweet Butter, then add a Pint of good Cream boiled up and put into the Soup, and ſerve it up with the Crumbs of French Bread, and the Fowl.

To make common Sauſages.

To about three Pounds of Pork, as much Pepper may be uſed as will lie on the Point of a Knife; the Meat ſhould be cut ſmall, fat and lean together, and cleaned from the Bone, *&c.* add ſome Sage, cut ſmall, and when the Guts are made clean, fill them. The Meat is often rolled up, and fryed, without being put into Guts. *Very good Sauſages are made the ſame Way with Beef.*

To roaſt Quails or Ortolans.

They muſt be ſpitted ſideways, with a Bay Leaf between them; they are to be baſted with Butter, and have Crumbs of Bread fry'd, round the Diſh.

Belony Sauſages.

Of Bacon (fat and lean) Pork, Beef, Veal, of each one Pound; one Pound of Beef Suet; let them all be chopped very fine; a Handful of Sage Leaves, and a few ſweet Herbs; ſeaſon to your Liking with Pepper and Salt; take a large Gut and fill it; boil it ſoftly about an Hour, remembering firſt to prick it, to prevent breaking; after boiling lay it on clean Straw to dry.

To do Proalins, or parched Almonds.

Take one Pound of *Jordan* Almonds, and one Pound

of Loaf Sugar, put them in a Pan together, and about half a Pint of Water, ſet them on the Fire, and ſtir them till the Sugar is all diſſolved; boil them gently till the Sugar grows thick; ſtir them, and the Sugar will turn dry about them, take them off, and ſtir them till all the Sugar is turned dry, then put them on the Fire again, and as it melts, it will ſtick in Lumps upon the Almonds, and look of a reddiſh Colour; then take them off, and ſtir them till they are quite dry: Keep them in a dry Place for Uſe.

To make Mackeroons.

Take one Pound of ſweet Almonds, blanch them, and beat them very fine, put in a little Roſe Water, as you beat them, then put in a Pound of ſifted Sugar, mix them together, then put in the Whites of Eggs, but do not put in too many to make them run, grate in a little Lemon Peel, lay them out on a Wafer Paper, and bake them on Wire or Tin Plates in a moderate Oven; duſt them very well with fine ſifted Sugar before you bake them, chip off the Wafer from the Edges, and pack them in your Box for Uſe.

To make Ratafia Biskets.

Take Half a Pound of bitter Almonds, and Half a Pound of ſweet Almonds, blanch and beat them very fine, put in the Whites of eight Eggs, and ſtir them very well together, put in your Sugar, and beat them well together, then drop them on Paper in ſmall drops; don't let it be too thin to run upon the Paper; you may bake them in the Oven after Mackeroons, without heating again, then take them off the Paper, and keep them in a dry Place for Uſe.

To make Savoy Biskets.

Take ſix Eggs, and beat them up very light with a Whiſk, then put in a Pound of fine ſifted Sugar by Degrees, beating it up all the while; when the Sugar is all in take out your Whiſk, and ſift in a Pound of fine Flour; ſtir them together, then lay them out with a Board

Board and Knife upon Paper; ice them very well, and bake them in a quick Oven: Cut them off the Paper, and when the Oven is pretty cool, lay them ſingly on Wires, and put them in again till they grow hard and criſp; then put them in your Box for Uſe.

To make Naples Biskets.

Take fifteen Eggs, or more (according to the Quantity you deſign to bake) put in near half a Pint of hot Water, and whiſk them up till they are light, put in two Pounds and a half of Sugar by Degrees, then take out your Whiſk, and ſift in three Pounds of Flour, and juſt ſtir them together till mixed; then fill your Moulds, which you muſt have ready papered: To ice them, you muſt take a Piece of Loaf Sugar, and ſcrape it with a Knife upon them; bake them in a good ſoaking Oven, then turn them out of the Moulds; take them out of the Papers, lay them ſingly on Wires, and when the Oven is pretty cool, put them in and let them ſtand till they are criſp and hard, then pack them in your Box for your Uſe.

To make Spunge Biskets.

Take ſix Eggs, and of Whites ſix more, and whiſk them up very light; put in a Pound and a Half of fine ſifted Sugar, then beat them very well, then take out the whiſk, ſift in a pound of fine dry Flour, and juſt mix them together, then fill your Moulds, which you muſt have ready rubbed with a little warm Butter. Ice them with ſifted Sugar through a Canvaſs or Linen Bag, and bake them in a quick Oven.

To make Orange Puffs.

Blanch a Quarter of a pound of Almonds, and beat them very fine, put the Whites of eight Eggs, rub them together in the Mortar, with the grated peel of two or three *Seville* Oranges, then put it in as much ſifted Sugar by degrees, till you make it a ſtiff paſte, and roll it out as you do for the Lid of a pye, make an Icing with Water and fine ſifted Sugar mixed together as thick as melted

melted Butter, and ſpread it thin upon the paſte, with a Knife, cut it into what Shape you pleaſe, lay them on paper, and bake them in the Oven after other Biſkets; you may colour ſome of the paſte red, green, or yellow, as you pleaſe.

Lemon puffs are done the ſame way, only grating Lemon inſtead of Orange.

To make Bisket Drops.

Beat ſix Eggs in a pan with a whiſk very well, put in a pound of ſifted Sugar by degrees, beat it a little longer, then drain your whiſk, and ſift in ſomething more than a pound of Flour, and put in Carraway Seeds, as you like it; then with a Spoon and Knife lay them round (what Size you pleaſe) on wafer paper, laid on a wire, and duſt them very well with ſifted Sugar, and bake them in a moderate Oven; when they are cool, chip off the paper round the Edges, and put them in a Box for Uſe.

Monſ. MILLIEN's *Account of preſerving Metals from Ruſt, as delivered to the Academy of Sciences in* France, July 18, 1748.

It is to be obſerved, that whatever Braſs, Steel, or Iron, is intended to be kept bright, ſuch Metals ſhould be firſt ſcowered or poliſhed, very well; after which, it is to be made very hot, by ſtanding near a good Fire, not put into it, after which, the Utenſils thus prepar'd, are to be put hot into a Liquid made in the following Manner:

Burn a parcel of Nightſhade, Berries and all, to Aſhes; add about Half a pint of theſe Aſhes to a Gallon of Water, and let it boil for two Hours; when this Liquid is cold, it is fit for Uſe; and whatever bright Steel, Iron, *&c.* is made hot, and put into this Liquid, ſuch Metal will retain its Brightneſs many Years, without any farther Trouble. It is to be well dried by the Fire,

Fire, after taken out of the Liquid; and then may be ſet by for Uſe. The Nightſhade muſt be got in *May*, when the Berries are on, and in their prime.

It is very true, Monſ. *Millien* ſays, in his Original, that the Utenſils are to be *put into the Liquid:* But, though I am willing to give him his Due, in regard to owning him to be the firſt Inventor, yet I can't help declaring, that I've made ſeveral conſiderable Improvements.

In the firſt place, inſtead of putting in the Utenſils, (which often proved troubleſome, eſpecially when they were large) I only dip a ſmall piece of Spunge into the Liquid, and rub ſuch Things I would have kept bright therewith—And this has always anſwered in every Thing I've uſed it in.

In his Original, he only makes Uſe of the Term *Nightſhade*; but the Reader is deſired to take Notice, that there are ſeveral Sorts of this Weed growing in moſt Hedges in *England*; and the Sort to be uſed, is that which is called *Deadly Nightſhade.*

This Nightſhade has a thin Stalk, and ſmall Leaf, it grows very faſt in damp places, bears a bluiſh Flower, about the beginning of May, and has a red berry (firſt green) the latter End of the ſame Month, if it be a forward Seaſon.

It has puzzled many curious Perſons to diſcover in what Manner the Liquid above deſcribed ſecures Metals from Ruſt in the ſurprizing Manner it does, and moſt of them declare it muſt be by bracing up the pores of the Metal. But as I'm not for entering into a long Diſcourſe on this Head, I will content myſelf with aſſuring the Reader, that it has never once failed me in the great Number of Experiments I have made uſe of it.

The Method uſed in France, *to preſerve Furniture, Fire-Arms, &c. before Monſ.* MILLIEN's *new-invented Liquid came into Uſe.*

Diſſolve ſome *Venetian*, or, where that is not to be met with, common Turpentine, provided it be clear, in ſome good Oil of Turpentine, and add to it ſome good drying Linſeed Oil, in which red Lead has been mixed; this muſt be made clear by Inſolation, or long ſtanding in the hot Sun; mix them well together, and with a piece of Spunge dipp'd therein, rub over ſuch Fire-arms, Furniture, *&c.* as you would have kept bright, and you may depend on the End being anſwer'd, the whole Furniture, in Metal, belonging to the *French* King's palaces are preſerved in this Manner.

When the above Liquid is uſed, it is generally made warm, and then, by dipping a Spunge therein, ſuch Things you would preſerve ſhould be bruſhed over with it as thin as poſſible.

FINIS.